

February



MIAMI BEACH

Senior Calendar

Mon	Tue	Wed	Thu	Fri
	1 <u>Aerobic Activity:</u> 9:15am - 10:15am <u>Dance Fusion:</u> 10:30a - 11:30a <u>Lunch Program:</u> 12:00 - 1:00pm <u>Bingo:</u> 1:00pm—3:00pm <u>Spanish Class:</u> 3:00pm-4:30pm <u>Pole Walking:</u> 3:30pm-4:30pm	2 <u>Tai Chi:</u> 9:15am-10:15am <u>Resistance Training:</u> 10:15a-11:15a <u>Lunch Program:</u> 12:00 - 1:00pm	3 <u>Aerobic Activity:</u> 9:15am - 10:15am <u>Chair Aerobics:</u> 10:30am - 11:30am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Bingo:</u> 1:00pm—3:00pm <u>Choir:</u> 3:00pm-4:30pm	4 <u>Dance Fusion:</u> 9:15am - 10:15am <u>Arts & Crafts:</u> 10:00am - 12:00pm <u>Lunch Program:</u> 12:00 - 1:00pm <u>Flamenco:</u> 1:30pm - 2:30pm <u>Pole Walking:</u> 3:30pm-4:30pm
7 <u>Tai Chi:</u> 9:15am-10:15am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Choir:</u> 3:00pm-4:30pm	8 <u>Aerobic Activity:</u> 9:15am - 10:15am <u>Dance Fusion:</u> 10:30a - 11:30a <u>Lunch Program:</u> 12:00 - 1:00pm <u>Bingo:</u> 1:00pm—3:00pm <u>Spanish Class:</u> 3:00pm-4:30pm <u>Pole Walking:</u> 3:30pm-4:30pm	9 <u>Tai Chi:</u> 9:15am-10:15am <u>Resistance Training:</u> 10:15a-11:15a <u>Lunch Program:</u> 12:00 - 1:00pm	10 <u>Aerobic Activity:</u> 9:15am - 10:15am <u>Chair Aerobics:</u> 10:30am - 11:30am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Bingo:</u> 1:00pm—3:00pm <u>Choir:</u> 3:00pm-4:30pm	11 <u>Dance Fusion:</u> 9:15am - 10:15am <u>Arts & Crafts:</u> 10:00am - 12:00pm <u>Lunch Program:</u> 12:00 - 1:00pm <u>Flamenco:</u> 1:30pm - 2:30pm <u>Pole Walking:</u> 3:30pm-4:30pm
14 <u>Tai Chi:</u> 9:15am-10:15am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Choir:</u> 3:00pm-4:30pm 	15 <u>Aerobic Activity:</u> 9:15am - 10:15am <u>Dance Fusion:</u> 10:30a - 11:30a <u>Lunch Program:</u> 12:00 - 1:00pm <u>Bingo:</u> 1:00pm—3:00pm <u>Spanish Class:</u> 3:00pm-4:30pm <u>Pole Walking:</u> 3:30pm-4:30pm	16 <u>Tai Chi:</u> 9:15am-10:15am <u>Resistance Training:</u> 10:15a-11:15a <u>Lunch Program:</u> 12:00 - 1:00pm	17 <u>Chair Yoga:</u> 9:15am - 10:15am <u>Chair Aerobics:</u> 10:30am - 11:30am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Bingo:</u> 1:00pm—3:00pm <u>Choir:</u> 3:00pm-4:30pm	18 <u>Dance Fusion:</u> 9:15am - 10:15am <u>Arts & Crafts:</u> 10:00am - 12:00pm <u>Lunch Program:</u> 12:00 - 1:00pm <u>Flamenco:</u> 1:30pm - 2:30pm <u>Pole Walking:</u> 3:30pm-4:30pm
21 	22 <u>Outdoor Yoga:</u> 8:00am - 9:00am <u>Chair Yoga:</u> 9:15am - 10:15am <u>Dance Fusion:</u> 10:30a - 11:30a <u>Lunch Program:</u> 12:00 - 1:00pm <u>Bingo:</u> 1:00pm—3:00pm <u>Spanish Class:</u> 3:00pm-4:30pm <u>Pole Walking:</u> 3:30pm-4:30pm	23 <u>Tai Chi:</u> 9:15am-10:15am <u>Resistance Training:</u> 10:15a-11:15a <u>Lunch Program:</u> 12:00 - 1:00pm	24 <u>Chair Yoga:</u> 9:15am - 10:15am <u>Chair Aerobics:</u> 10:30am - 11:30am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Bingo:</u> 1:00pm—3:00pm <u>Choir:</u> 3:00pm-4:30pm	25 <u>Dance Fusion:</u> 9:15am - 10:15am <u>Arts & Crafts:</u> 10:00am - 12:00pm <u>Lunch Program:</u> 12:00 - 1:00pm <u>Flamenco:</u> 1:30pm - 2:30pm <u>Pole Walking:</u> 3:30pm-4:30pm
28 <u>Tai Chi:</u> 9:15am-10:15am <u>Lunch Program:</u> 12:00 - 1:00pm <u>Choir:</u> 3:00pm-4:30pm				<u>Green = Parks and Recreation</u> <u>Blue = UNIDAD</u> <i>Revised 1/11/22</i>

General Information:

* = Classes, programs and workshops offered by
Miami Beach Parks and Recreation held at Unidad.

- **Chair Aerobics** - Every Thursday, 10:30am - 11:30am
- **Outdoor Yoga**—Every Tuesday, 8:00 am—9:00 am(second floor terrace)
- **Chair Yoga** - Every Tuesday & Thursday, 9:15am - 10:15am
- **Tai Chi** - Every Monday & Wednesday, 9:15am - 10:15am
- **Dance Fusion** - Every Tuesday 10:30—11:30 AM & Friday, 9:15am - 10:15am
- **Resistance Training** - Every Wednesday, 10:15am - 11:15am
- **Fitness Center at NSPYC** - Monday-Friday, 8:30am - 3:00pm

Saturday 9:00am - 5:00pm

North Shore Park and Youth Center

501 72nd Street, Miami Beach, FL. 33141 | 305-861-3616

Kevin Cobas: kevincobas@miamibeachfl.gov

If you would like emails about cancellations and special events,
please stop by one of our facilities to enroll in the classes via the
Rectrac registration system.

Please visit miamibeachparks.com to see all senior program
offerings at various city facilities.

General Information:

Classes, programs and workshops offered by UNIDAD

- **Spanish Classes** - Every Tuesday, 3:00pm - 4:30pm
- **Pole Walking** - Every Tuesday & Friday, 3:30pm - 4:30pm
- **Choir** - Every Monday & Thursday, 3:00pm - 4:30pm
 - **Flamenco** - Every Friday, 1:30pm - 2:30pm
 - **Arts & Crafts** - Every Friday, 10:00am - 12:00pm
- **Bingo** - Every Tuesday & Thursday, 1:00pm—3:00pm
- **Free Lunch** - Monday - Friday, 12:00pm - 1:00pm

UNIDAD Senior Center Director, Larissa Cajiao

7251 Collins Avenue, Miami Beach, FL. 33141 | 305-867-0051

Lcajiao@unidadmb.org

Schedules subject to change. Please call (305) 867-0051 for most updated Information.

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any city-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service).